



**September
2019**

**Lynn Council on
Aging**

8 Silsbee Street
Lynn, MA 01901

781-599-0110

LYNN COUNCIL ON AGING SENIOR CENTER

From the Director's Desk

So long for now, never goodbye. I don't like goodbyes. Everything will be ok. Life is strange and sometimes very hard... and even harder to comprehend. I want to thank you for all the great times, memories, special events and especially the interesting excursions. What I have enjoyed the most is our conversations and the many great laughs. I've always said that on our hardest day in the senior center with the most visitors and the least amount of help is still all worth it because we're helping people. With exhausted enthusiasm we say, "Let's go do it all again, tomorrow"! Always, remember, kindness matters. Be good to each other. Try to remember that you may not know what the next person is going through and be patient.

I'm sure I will see you in Market Basket and I will still let you go in front of me... after our selfie, of course! Special thanks to all of you, my senior center team: Rosa and Erica, my kitchen team: Gerry, Linda, and Chester, my nutrition team: Ben, Kathy, Ellen, and Gina, all the drivers who deliver smiles and conversation to the door steps, my community programs team: Mal, Carol, Irina, Mayra, Debbie, Taylor, Sandra and Jillian. This was a great run; good times. Much appreciation and respect for all the volunteers who support our activities. Thank you to the Board of Directors of the Lynn Council on Aging and deep gratitude to the FRIENDS of the Lynn Council on Aging. Be well. See you around. Hugs, Stacey

From Your Mayor

Summer has quickly come to an end and I hope you are excited for the start of fall. As we head into September, we look forward to the beautiful foliage with vibrant fall colors that New England is known for.

This month marks the 70th anniversary of the construction of Lynn City Hall. We will be holding a reception on September 10th to celebrate the anniversary and unveil the new Community Art Gallery located in Room 302. We have begun to showcase art reflecting on the history of Lynn on all four floors in celebration of the building's 70th anniversary. We hope that you'll take a minute to view the pieces of art the next time you visit City Hall. You are sure to enjoy the talented artwork of our Lynn artists!

I invite you to attend the upcoming happenings here at the City Hall Auditorium: TESLA on September 13th, American Pop on September 21st, BOBBY BROWN on September 27th, and DENNIS DEYOUNG: Music of Styx on September 28th. For more information and tickets call 781-599-SHOW or visit <http://www.lynnauditorium.com>.

Hope you enjoy this Labor Day weekend with family and friends. This is a time to reflect on all the hard working people in the Labor Movement who have contributed to our great community!

Wishing you a safe and fun start to a new school year!

~Mayor Thomas M. McGee

CUFFE-McGINN FUNERAL HOME
 157 Maple Street • Lynn, MA 01904
 Tel: **781-599-3901**
 Fax: 781-598-2143
 www.cuffemcginn.com

Dignity
 Member of
 Arrowood Service
 Corp. Inc.

PACE
 Elder Service Plan
 of the North Shore, Inc.
 • Primary and Specialty Medical Care
 • Adult Day Centers • In-home Support and Care
 9 Buffum St., Lynn
 1-877-803-5564

BANECARE
 A Division of
 ABBOTT HOUSE
 and THE SWAMPSCOTT WING, Lynn
 www.banecare.com • 866-747-BANECARE

Lynn Council on Aging Senior Center

Publication
funded by:

Executive Office of
Elder Affairs &
City of Lynn

Meet the Staff:

Stacey Minchello

Director 781-599-0110 ext. 503

sminchello@glss.net

Erica Brown

Program Coordinator ext. 618

ebrown@glss.net

Rosa Paulino-Diaz

Activities Assistant ext. 625

rpaulinodiaz@glss.net

Hours of
Operation:

Monday thru Friday

8 a.m. to 4 p.m.

LCOA Board of Directors

Diana Chakoutis

Chairperson

Minette Lall

Vice Chairperson

Pam Edwards

Clerk

Joan Noble

FRIENDS Liaison

Arthur Akers

Charles Mitchell

Betty Gonzalez Munos

Marlene Vasi Eddy

Carly McClain

Robert Mazzone

Meets 4th
Wednesday
monthly at
11:30 a.m.

FRIENDS of LCOA Executive Board

Joan B. Noble

President

Ann Breen

Vice President

Katherine Brown

Treasurer

Ellen Cash

Recording Secretary

George Harvey

Membership Secretary

Meets last
Thursday of the
month @ 9:45

Meeting Dates:

Oct 31

Nov 28

Considering joining the FRIENDS? Come visit us and see what we're all about
Friendship first, friendly smiles making and raising funds for our senior center.

Tired of waiting for the mail?

Monthly newsletters are posted online:
www.ci.lynn.ma.us

Click City Hall

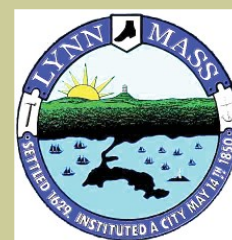
Click City Departments

Click Council on Aging

Click Our Newsletters

Click month you want to view

Like us on Facebook!



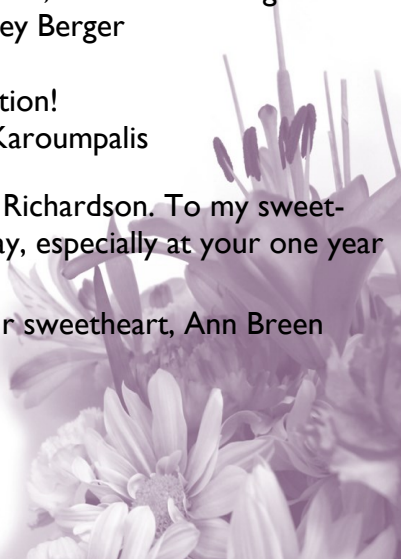
[WWW.FACEBOOK.Com/LYNNSENIORCENTER](https://www.facebook.com/LYNNSENIORCENTER)

IN LOVING MEMORY

In loving memory of my wife, Dr. Thelma Berger
~Dr. Harvey Berger

Thank you for your donation!
~ Sophie Karoumpalis

In loving memory of Bob Richardson. To my sweet-
heart, I miss you every day, especially at your one year
remembrance,
~Love your sweetheart, Ann Breen



DEDUCTIBLE DONATION

GE matches all donations made
from GE workers and retirees.

Please consider making a tax deductible donation to assist the FRIENDS in raising funds to enhance the center. In memory or in honor of a loved one, donations will receive acknowledgement in the LCOA's monthly newsletter. Thank you in advance for your support. Families of those honored will be notified of your generous contribution. Please make check payable to: FRIENDS of LCOA



Please accept my donation \$ _____

In memory of In honor of In appreciation of

☐
☐
☐

Person's Name: _____

Send card to: _____

Donated by: _____

Place Your Ad Today!



Home Healthcare
Professionals

Private customized
home care services specializing
in elderly and chronic care

For more information or
FREE no-obligation assessment call

781-245-1880

online at www.abchhp.com

233 Albion Street Wakefield

Committed to Life at Home

HELENE M. AHERN, F.S.C.

Catholic Cemetery Assoc.
Archdiocese of Boston INC

226 North St., Salem, MA 01970

C: 781-953-6753 FX: 978-740-9528



Hatch Hearing Aid Center

*"You Should Hear
What You're Missing"*

152 Lynnway Ste 1A, Seaport Landing, Lynn, MA 01901
781.599.1902 • 1.888.HEARITE (432.7483)

**YOUR
AD
HERE
CALL
TODAY**

7 Liberty Square • Lynn, Massachusetts

Now Accepting Applications
Subsidized Elderly Housing

Call 781-593-5700

HARBOR
90FT
APARTMENTS

CASINO TRIPS

NEW TIME NEW PRICE!!!

Foxwoods Casino Tuesday, September 17th **\$28**
Coach bus with wi-fi and DVD player departs from Lynn Senior Center at **9:30am** and returns at **8:30pm**. Please arrive no later than 9:00am and book rides home for 8:30pm. Price includes \$10 meal voucher and free slot play. **NO REFUNDS** unless we are notified 48 hours in advance **AND** we sell your seat. The trip will be cancelled if there is a reservation total of less than 40 passengers on Thursday September 12th at 4:00pm. Friends and companions must be 21+. Reserve your scooter at Scooter Along- 860-373-1482.

AMAZON SMILE

Do you or someone you know purchase items through Amazon.com? Did you know that if you use smile.amazon.com, Amazon will donate part of your purchase to the FRIENDS of the LCOA? It will not cost you anything! Just follow the link below:

<https://smile.amazon.com/ch/04-2900242>

Use this link for all of your purchases to support the Lynn Council on Aging.

DANCE WITH JOY!

Love to dance? Need to reduce stress? Join us!
FREE! Thursdays 9:00-9:45 Led by Nancy Deluth
A creative movement experience that combines dance, yoga, and meditation. Can be done seated or standing.

SPEAKOUT

Join SpeakOUT **Tuesday, September 24th, 9:30am-11:00am** for a morning conversation about LGBTQ lives, concentrating on the experiences of seniors. This year is the 50th anniversary of the Stonewall Rebellion, which started the modern LGBTQ Rights Movement. Our seniors have witnessed an incredible amount of change since 1969 and this will be a great opportunity to discuss those changes and more. We speak from our hearts. We speak from our own experiences. We speak to dispel stereotypes. And we speak to let other members of the LGBTQ community know they are not alone. We invite you to join us for an interesting discussion!

FALL PREVENTION AWARENESS DAY

September 19, 2019 from 8:00 AM-11:00 AM @ The Lynn Council of Aging Kiosk for Living Well. Please join the Fall Prevention Specialists from the Greater Lynn Senior Services at the Lynn Council of Aging Kiosk for Living Well event for information about fall prevention. There will be fall prevention screenings, helpful tips, and exercise to inform people and reduce the risk of falling. According to the U.S. Centers for Disease Control, one-fourth of Americans aged 65 and older falls each year. Come and learn ways to protect yourself and your loved ones from falling.

COUNCIL ON AGING DAY AT SEA

Thurs, SEPTEMBER 5th \$79.00

Gloucester Lobster Luncheon & Cruise with Entertainment
New England clam chowder, steamed lobster, BBQ chicken, corn on the cob,
potatoes, and dessert PLUS each guest would receive either one glass of wine, domestic beer or signature cocktail

Trip info:

Bus leaves the Lynn Senior Center- 8 Silsbee Street, Lynn- 10 am prompt
Board boat at 11:00am—sail until 2:00pm

Return to Lynn approximately 3:30 pm

Limited seating-RESERVE EARLY -SEATS SELL QUICKLY

No refunds unless your seat is sold

Reservations and payments: Lynn Senior Center- 781-586-8503

~~~~~  
Name \_\_\_\_\_ tele \_\_\_\_\_

Address \_\_\_\_\_

Emergency contact name \_\_\_\_\_

tele \_\_\_\_\_

Payment: Cash Check Reservation # \_\_\_\_\_

**Best Home Care**  
WE MAKE IT HAPPEN  
Call for a free Consultation Or Visit us online  
Home Health Services  
45 Albion Street • Wakefield MA 01880 • 781-224-3600  
North Shore Offices Phone: 978-774-2005 • 978-777-6009  
www.BestMakesItHappen.com



## UKULELE CLUB

**Every Tuesday 9:00am—10:00am**

Activities room **FREE!**

Beginners and experienced players welcome

Instruments provided by Senior Center



## MOVIES...every Wednesday @ 1:00 p.m.

### Free Popcorn & Juice

### Wide Screen Plasma Home Theatre System

|               |                   |      |      |        |
|---------------|-------------------|------|------|--------|
| <b>Sep 4</b>  | Bohemian Rhapsody | 2018 | PG13 | 2h 14m |
| <b>Sep 11</b> | Isn't It Romantic | 2019 | PG13 | 1h 28m |
| <b>Sep 18</b> | Aquaman           | 2018 | PG13 | 2h 23m |
| <b>Sep 25</b> | Little Women      | 2018 | PG13 | 1h 52m |



Don't be shy! Let us know if there's a movie you would like to see!  
Even if it's in the theatre now, we can queue it for months later.



Place Your Ad

**SEPTEMBER HAPPENINGS**

|                   |                                                                                                         |                   |                        |
|-------------------|---------------------------------------------------------------------------------------------------------|-------------------|------------------------|
| <b>Mon Sep 2</b>  | <b>SENIOR CENTER CLOSED—HAPPY LABOR DAY!</b>                                                            |                   |                        |
| <b>Thu Sep 5</b>  | <b>Gloucester Lobster Luncheon</b>                                                                      | <b>\$79</b>       | <b>10:00am—3:30pm</b>  |
| <b>Mon Sep 9</b>  | Charm Medical Coffee Hour                                                                               | <b>FREE</b>       | <b>10:00am—11:00am</b> |
| <b>Mon Sep 9</b>  | Bingo Bonanza!<br>9 cards-paper sheets only<br>Card sales begin at 11:30am and close promptly at 1:15pm | <b>\$11 games</b> | <b>1:00pm</b>          |
| <b>Tue Sep 10</b> | <b>Cape Cod Mystery Tour</b>                                                                            | <b>\$5</b>        | <b>10:30am—7:00pm</b>  |
| <b>Wed Sep 11</b> | Supper Club                                                                                             | <b>\$2</b>        | <b>4:00pm—5:00pm</b>   |
| <b>Thu Sep 12</b> | <u>Ice Cream Truck</u><br>Sponsored by: Life Care Center of the North Shore                             | <b>FREE</b>       | <b>1:00pm—1:30pm</b>   |
| <b>Tue Sep 17</b> | <u>Foxwoods Casino</u>                                                                                  | <b>\$28</b>       | <b>9:30am—8:30pm</b>   |
| <b>Wed Sep 18</b> | <u>Field Trip:</u> Putnam Pantry                                                                        | <b>\$3</b>        | <b>12:00pm—2:00pm</b>  |
| <b>Thu Sep 19</b> | <u>Live entertainment: Denise Doucette</u>                                                              |                   | <b>12:30pm</b>         |
| <b>Fri Sep 20</b> | <u>Brown Bag</u><br>Sponsored by Greater Boston Food Bank                                               |                   | <b>9:00am—12:00pm</b>  |
| <b>Mon Sep 23</b> | Bingo Bonanza!<br>9 cards-paper sheets only<br>Card sales begin at 11:30am and close promptly at 1:15pm | <b>\$11 games</b> | <b>1:00pm</b>          |
| <b>Tue Sep 24</b> | SPEAKOUT                                                                                                |                   | <b>9:30am—11:00am</b>  |
| <b>Thu Sep 26</b> | <u>Field Trip:</u> Castle Island                                                                        | <b>\$3</b>        | <b>9:30am—2:30pm</b>   |

Please note, all trips must be paid for and reserved in advance, and unless otherwise specified, lunch is paid for on your own. Payment covers transportation costs.

**GLSS DISCOVERY CENTER**

The Lynn Council on Aging is looking for volunteers to serve as peer coaches for a new program called the Discovery Center for Civic Engagement. The peer coaches, or Transition Navigators (TN), help local seniors engage with nonprofits, government agencies and other organizations in an effort to use their skills and experience in social purpose work. If you enjoy working with seniors; have experience in coaching, education, human resources, business or psychology; have good communication, interpersonal and organizational skills; and are self-confident, friendly, patient, and enthusiastic this volunteer opportunity could be right for you!

To learn more about the Transition Navigator position, there will be an information session at the Greater Lynn Senior Services, Inc. Main Office at 8 Silsbee Street in Lynn on Thursday, September 12 from 1:30-2:30. For additional information, please contact Sandra Suarez at 781-586-8518 or [ssuarez@glss.net](mailto:ssuarez@glss.net)

**Hatch Hearing Aid Center**

*"You Should Hear  
What You're Missing"*

152 Lynnway Ste 1A, Seaport Landing, Lynn, MA 01901  
781.599.1902 • 1.888.HEARITE (432.7483)

**YOUR  
AD  
HERE  
CALL  
TODAY**

7 Liberty Square • Lynn, Massachusetts

Now Accepting Applications  
Subsidized Elderly Housing

Call 781-593-5700

**HARBOR**  
**90FT**  
ADAPTIVE

## AGING TOGETHER: SENIOR CHILDREN & THEIR PARENTS

Senior children (aged 65+) and their parent (aged 90+)

UMass Boston Research Study, funded by the National Institute on Aging. You are part of a growing group, but we don't know much about you. We want to learn what your relationship is like, what challenges you may face, and what support you may need – also if your parent has dementia, how that has changed the relationship. Participation involves an in person interview at a place of your convenience. You'll receive \$40 as a thank you. Please call our study team at 617-901-1082.

## PENNY SALE

### FRIENDS of the LCOA Annual Penny Sale

Thursday September 12th 12:00-1:00

Please bring in donations that will benefit the LCOA. Items can include new toiletry sets, candles, and other small NEW items. Please bring donations to Erica or Rosa in the Senior Center.

## PLASTIC BAG BAN

The city of Lynn has voted to ban all single use plastic bags in the community. Lynn joins 96 other Massachusetts communities that have banned plastic bags, including Marblehead, Swampscott, Boston, Salem and Danvers. The Senior Center, as of September 1st, will no longer provide plastic bags to members. Please bring your own reusable shopping bags if you will have need of them.

## CHARM MEDICAL COFFEE HOUR

Join us **Monday, September 9th at 10:00am** for coffee and a free workshop! Charm Medical is a medical supply company that makes getting supplies simple. They have supplies ranging from incontinence and urology supplies, to compression stockings. They can contact insurance companies directly, saving you time, and will even pick up prescriptions for you!

## TRAVEL FOR LESS

Have an appointment and no transportation to get there? Try learning the convenient and cost efficient ways of transportation with your Senior Charlie Card on the MBTA (bus or train). Personalized Travel Training available with Sylvia Colovois and Rose MacDonald. Please contact us at 781-586-8538 or 781-586-8523 for more information.

**YOUR  
AD  
HERE**

**CALL  
TODAY**

An Affordable Assisted Living Senior Residence

Harborlight House

1 Monument Square  
Beverly, MA 01915

Call Us For Information  
(978) 927-2121

Senior Homecare By Angels

Select Your Caregiver.

781-395-0023

Remain Comfortable in your OWN HOME!

Up to 24 Hour Care  
Meal Preparation  
Light Housekeeping  
Errands/Shopping  
Respite Care for Families  
Rewarding Companionship

Visiting Angels

## Wellness Watch September 2019

### The Importance of Moving every Day

The number one excuse that people give for not exercising is they don't have the time. I've got two things to say to that. The first is bullshit.

Yep, you heard me right, I'm playing the bullshit card. We all have time to exercise, but we don't all make it a priority. I use the time excuse as my reason for not becoming fluent in Spanish, but it's not true. I have time; I just don't put that task at the top of my list. [Remember, excuses only satisfy the one who makes them.](#)

#### Practical Ways to Find Time for Daily Exercise

The second thing I want to say is that even if you're going to stick with the time excuse, we can fit exercise in to your day without you having to make any great adjustments to your schedule. There are things we can do to increase our fitness without stressing us out to find more time or forcing us to wake up at 4:30am. Because remember, getting the proper amount of [sleep is important](#), too. So, what can you do? You can:

- Do wall sits while brushing your teeth. Two minutes twice a day can really add up to some [shapely quads](#).

- Complete some calf raises as you wait in line at the grocery, pharmacy, DMV, etc. I should give you fair warning that I do these on a regular basis and am incapable of wearing knee-high boots now because of my [beastly calves](#). For me, it's totally worth it.

- Add a bonus workout while you are walking your dog. Fido needs to be walked anyway, so you might as well get some benefit from it, too. Along with keeping a decent pace, I add five sets of ten burpees to my morning walks with my pup. But the options here are limitless. Walking past a bench? [Bust out some incline push ups or dips](#). Walking through a park? Take advantage of the pull up bars. You don't have to be able to do pull ups to use a pull up bar. You can do negative pull ups, toes to bar, knees to chest, or even improve your grip strength with a dead hang.

Add some exercise to your meal prep. While you are waiting for the microwave to go off, see how many lunges you can perform before the buzzer sounds. Warming leftovers up again tomorrow? See if you can beat today's total.

Park on the top floor of the parking garage or on the far side of the parking lot to get in some stairs and extra steps. But, please, make sure you keep your safety your number one priority. If it's late, the garage is unlit, or you don't have a buddy to accompany you, go ahead and park as close as possible.

Add some exercise to your TV time. When the commercials come on, bust out some squats, [pushups](#), or lunges. You remember the drinking games you played in college? Well, how about switching it up to a healthy alternative? Pick your favorite show and make up some rules. For example, if you're watching *The Big Bang Theory*, every time Sheldon says "Bazinga," you owe 25 squats. Do you prefer *Game of Thrones*? Then every time someone dies, perform five burpees. Just imagine the workout you'll get during the "Red Wedding" episode!

When you get a phone call, get up and walk around. Few of us are tied to our phones by cords anymore so we should take advantage of this. Take a walk or, better yet, do some [walking lunges](#).

Exercise while you are at your child's sporting event or piano lesson. This allows you to get a good workout while setting a [great example](#) for your children. Run around the field or bring a trainer if you need some time in the saddle.

How about switching up your commute? Instead of driving to work, you can take public transportation. The walk to the station and back can add up if you're doing it five days a week. And if you live in a city like mine, there's a chance that biking might actually be faster than driving. Seriously, on high traffic days I can make the commute to work faster than the cars and on low traffic days it only takes me an extra two or three minutes than them. Totally worth the trade-off to get some exercise in and breathe some fresh air.

Set an alarm on your work computer that goes off every ninety minutes (or whatever time frame works for you) and get up and do something. Depending on your office atmosphere, you can get up and walk the hallways or do a plank under your desk. My office is secluded enough that I practice my handstands on my exercise break. Plus, this break can [actually increase your productivity](#).

Perform Kegel exercises at red lights. And [Kegels are not just for women](#). Having a strong pelvic floor helps with urinary incontinence and can help men with erections.. Does just reading Kegel make you blush? You can tighten your glutes and abs during the red light instead.

[As our nation, and the world, gets fatter](#) we are going to have to start making exercise more of a priority. The above suggestions are not intended to take the place of a regular workout regimen, but rather are just some sneaky ways you can get some movement in on those days when exercise just isn't your priority.



## SENIOR CENTER ACTIVITIES • September 2019

| MONDAY                     | TUESDAY                                 | WEDNESDAY                    | THURSDAY                                        | FRIDAY                             |
|----------------------------|-----------------------------------------|------------------------------|-------------------------------------------------|------------------------------------|
| SILSBEE STREET             | SILSBEE STREET                          | SILSBEE STREET               | SILSBEE STREET                                  | SILSBEE STREET                     |
| 9:00 -12:0 WII             | 9:00 -12:00 Wii                         | 9:00 -12:00 Wii              | 9:00 -12:00 Wii                                 | 9:00 -12:00 Wii                    |
| 11:00-12:00 LUNCH          | 9:00 - 10:00 UKULELE CLUB               | 9:00 – 1:00 HAIR SALON       | 9:00-9:40 DANCE WITH JOY                        | 9:30-11:00 KNITTING & CONVERSATION |
| 12:00-1:00 MOVE SAFE CLASS | 9:00-11:00 KIOSK FOR LIVING WELL (IN2L) | 9:30-10:30 BEGINNER'S TAP    | 9:00-12:00 WATERCOLOR & ACRYLIC PAINTING        | 11:00-12:00 LUNCH                  |
| 1:00-2:45 BINGO            | 9:15-10:45 POKENO                       | 11:00-12:00 LUNCH            | 8:00-11:00 KIOSK (IN2L)                         | 11:30-12:15 EXERCISE CLASS (\$5)   |
|                            | 11:00-12:00 LUNCH                       | 1:00 – 3:00 MOVIE            | 10:00-11:00 T.O.P.S. (Take Off Pounds Sensibly) | 1:00-2:45 BINGO                    |
|                            | 12:00-2:45 POKENO                       | 1:00-3:00 'PENNY ANTE' POKER | 11:00-12:00 LUNCH                               |                                    |
|                            | 1:30 BILLIARDS CLUB                     |                              | 12:30-2:30 JAPANESE BUNKA EMBROIDERY            |                                    |
|                            |                                         |                              | 1:00-2:00 ZUMBA GOLD                            |                                    |
|                            |                                         |                              | 2:00-3:00 HORSERACING                           |                                    |

### OLYMPIA SQUARE APARTMENTS

429 Washington Street, Lynn

#### AFFORDABLE SENIOR RESIDENCE

- Close to stores, banks, senior center
- Spacious 1-bed apartments
- Accessible by train and bus
- On-site maintenance
- Modern laundry/community room
- Accepting applications



781-581-2051



Life Care Center of the North Shore is privately owned and is Lynn's best-kept secret. Located in a quiet, secluded residential neighborhood, it offers a comfortable, active environment where residents receive the nursing and rehabilitation they need while maintaining their maximum independence. Our commitment to quality care is demonstrated through out JCAHO accreditation.

#### Ready... Set... Go! Program

Our goal is for every discharged resident to be independent and safe in all areas of daily living. The Ready... Set... Go! Program allows our care-giving team to work with each rehab participant and his or her family to establish recovery goals and discharge plans.

Please come by for a tour, or call Robin Simmons or  
Cathy Davis in admissions for more information.



111 Birch St., Lynn, MA 01902

781.592.9667

SKILLED NURSING CARE \* SUBACUTE CARE \* PHYSICAL THERAPY  
OCCUPATIONAL THERAPY \* SPEECH THERAPY \* RESPITE CARE

## BROADWAY MUSICALS

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| L | I | O | N | K | I | N | G | J | Q | M | G | B | L | V | I | G | T | W |
| L | E | E | P | T | Q | T | F | T | E | L | T | M | Y | D | P | P | H | Y |
| E | V | D | R | V | M | W | J | N | X | R | A | K | N | C | H | H | E | J |
| S | I | Y | A | D | T | C | E | R | Y | M | S | A | K | A | D | W | W | N |
| M | T | H | M | N | D | S | T | S | M | D | G | E | N | M | N | F | I | Y |
| I | A | D | O | N | L | M | W | A | T | N | A | T | Y | A | Z | H | Z | F |
| S | W | N | H | D | Y | Y | M | E | I | S | O | L | P | B | R | B | N | X |
| E | L | A | A | D | N | I | L | K | E | M | I | R | R | F | O | E | W | D |
| R | X | L | L | C | A | L | E | L | O | T | E | D | Z | I | M | Y | N | R |
| A | S | L | K | W | P | H | Z | F | O | T | C | J | E | L | A | M | S | T |
| B | T | Y | O | T | T | L | T | R | E | D | W | H | M | S | D | F | T | R |
| L | A | K | X | L | R | H | F | P | K | N | O | H | A | M | T | B | Y | L |
| E | C | C | R | H | E | G | M | N | N | N | K | L | D | R | K | O | R | M |
| S | T | E | W | O | R | D | P | N | M | G | X | M | L | M | I | J | R | R |
| K | R | J | P | E | E | L | Z | Z | N | B | R | Q | B | E | F | T | V | Y |
| M | M | E | A | K | Y | A | R | P | S | R | I | A | H | G | H | V | Y | N |
| R | R | S | C | N | O | G | I | A | S | S | S | I | M | N | Q | J | M | T |
| A | E | I | F | P | W | K | M | A | R | Y | P | O | P | P | I | N | S | V |
| G | W | G | K | L | D | C | K | I | S | S | M | E | K | A | T | E | L | K |

CATS  
EVITA  
GREASE  
HAIRSPRAY  
HELLO DOLLY  
JECKYLL AND HYDE  
JERSEY BOYS

KISS ME KATE  
LES MISERABLES  
LION KING  
MAMMA MIA  
MARY POPPINS  
MISS SAIGON

MY FAIR LADY  
OKLAHOMA  
PETER PAN  
PHANTOM OF THE  
OPERA  
RENT  
SWEET CHARITY

THE KING AND I  
THE WIZ  
WEST SIDE STORY  
WICKED

# September 2019 Lunch Menu

| MONDAY                                                                                                                                                                       | TUESDAY                                                                                                                                                                   | WEDNESDAY                                                                                                                                                                    | THURSDAY                                                                                                                                                                       | FRIDAY                                                                                                                                                             |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>2</b><br><b>HOLIDAY</b><br><b>NO MEAL SERVICE</b>                                                                                                                         | <b>3</b><br>Stuffed shells/sauce(505)*<br>Salad/dressing(62)<br>Calories-722 Sodium-897<br>ALTERNATIVE<br>Garlic fish(150)<br>Calories-677 Sodium-570                     | <b>4</b><br>Cold roast beef/salad(120)<br>Soup/crackers(215)<br>Calories-900 Sodium-1094<br>ALTERNATIVE<br>Haitian chicken stew(250)<br>Calories-850 Sodium-900              | <b>5</b><br>Teriyaki meatballs(405)<br>Veg. blend/mushrooms(15)<br>Calories-638 Sodium-768<br>ALTERNATIVE<br>Honey mustard pork(195)<br>Calories-792 Sodium-531                | <b>6</b><br>Chicken drumsticks(580)*<br>Red bliss potato(204)<br>Calories-650 Sodium-981<br>ALTERNATIVE<br>Macaroni and cheese(520)*<br>Calories-680 Sodium-820    |
| <b>9</b><br>Pasta/meat sauce(150)<br>Salad/dressing(62)<br>Calories-680 Sodium-800<br>ALTERNATIVE<br>Egg/cheese croissant(410)<br>Cauliflower(32)<br>Calories-600 Sodium-794 | <b>10</b><br>Roast turkey/gravy(489)<br>Mashed potato(109)<br>Calories-688 Sodium-1120<br>ALTERNATIVE<br>Baked pork(106)<br>Mashed potato(109)<br>Calories-719 Sodium-735 | <b>11</b><br>Beef/cheese sub(580)*<br>Sweet potato fries(170)<br>Calories-741 Sodium-896<br>ALTERNATIVE<br>Cheese pizza(340)<br>Summer squash(11)<br>Calories-600 Sodium-654 | <b>12</b><br><u>HAWAIIAN LUAU</u><br>BBQ chicken/pineapple &<br>Red and green peppers<br>Island fried rice<br>Tropical slaw<br>Luau cake Sweet roll<br>Calories-700 Sodium-877 | <b>13</b><br>Egg salad sandwich(310)<br>Coleslaw(167)<br>Calories-646 Sodium-965<br>ALTERNATIVE<br>Hoisin chicken(533)*<br>Rice(5)<br>Calories-652 Sodium-836      |
| <b>16</b><br>Swedish meatballs/gravy(243)<br>Spinach salad/dressing(62)<br>Calories-933 Sodium-875<br>ALTERNATIVE<br>Veggie Shepherd's pie(200)<br>Calories-700 Sodium-760   | <b>17</b><br>Tarragon chicken salad(350)<br>Tomato/cucumber salad(50)<br>Calories-795 Sodium-886<br>ALTERNATIVE<br>Beef/onions(100)<br>Calories-640 Sodium-500            | <b>18</b><br>Veggie "pinwheel"(470)<br>Soup/crackers(70)<br>Calories-768 Sodium-943<br>ALTERNATIVE<br>Fish/coconut sauce(270)<br>Calories-740 Sodium-605                     | <b>19</b><br>Hamburger/roll(538)*<br>Sweet potato wedges(94)<br>Calories-792 Sodium-965<br>ALTERNATIVE<br>Veggie burger(550)*<br>Calories-780 Sodium-977                       | <b>20</b><br>BBQ chicken drumsticks(749)*<br>Red bliss potato(5)<br>Calories-832 Sodium-900<br>ALTERNATIVE<br>Eggplant parm/sauce(512)*<br>Calories-752 Sodium-814 |
| <b>23</b><br>Orange bourbon chicken(322)<br>Soup/crackers(159)<br>Calories-600 Sodium-780<br>ALTERNATIVE<br>Seasoned ground beef(150)<br>Calories-635 Sodium-557             | <b>24</b><br>Beef steak/cheese/peppers(408)<br>Salad/dressing(62)<br>Calories-830 Sodium-770<br>ALTERNATIVE<br>Cheese quesadilla(300)<br>Calories-650 Sodium-800          | <b>25</b><br>Tuna salad sandwich(417)<br>Tomato/chickpea salad(71)<br>Calories-780 Sodium-949<br>ALTERNATIVE<br>Oven fried chicken(440)<br>Calories-750 Sodium-906           | <b>26</b><br>Beef stew(117)<br>Cheddar potato(149)<br>Calories-904 Sodium-862<br>ALTERNATIVE<br>Pork/BBQ sauce(275)<br>Calories-800 Sodium-960                                 | <b>27</b><br>Chicken/supreme sauce(342)<br>Wild rice (148)<br>Calories-600 Sodium-782<br>ALTERNATIVE<br>Veggie stuffed pepper(100)<br>Calories-610 Sodium-450      |
| <b>30</b><br>Pulled pork/mustard sauce(396)<br>Red bliss potato (5)<br>Calories-754 Sodium-1067<br>ALTERNATIVE<br>Bean/cheese burrito(300)<br>Calories-650 Sodium-805        |                                                                                                                                                                           |                                                                                                                                                                              | ITEMS MARKED WITH *<br>INDICATE HIGHER<br>SODIUM ITEM(more than<br>500mg.per serving).<br>MEALS MARKED ** ARE<br>HIGH SODIUM(more than<br>1200MG per meal).                    | NUMBERS IN ( ) ARE<br>SODIUM FOR THE ITEM.<br>CALORIES AND SODIUM<br>ARE LISTED FOR THE<br>ENTIRE MEAL,INCLUDING<br>MILK,BREAD,MARGARINE<br>AND DESSERT.           |

MENU SUBJECT TO CHANGE WITHOUT NOTICE

# Hair Salon

## **SOPHIE'S SALON**

**WED & FRI**

**9:00 AM—1:00 PM**

|                 |      |
|-----------------|------|
| WASH & CUT      | \$10 |
| WASH & BLOWDRY  | \$10 |
| WASH, CUT & SET | \$20 |
| COLOR           | \$25 |
| PERM            | \$45 |
| WAX             | \$5  |

*WALK-IN OR APPOINTMENTS*

APPOINTMENTS PREFERRED

## **KIOSK FOR LIVING WELL**

THURSDAYS 8:00-11:00

Capture the Pride!



Lynn Council on Aging Senior Center

## WELLNESS OFFERINGS

### PODIATRIST



**THU Sep 5th & TUE Sep 10th**

10:00 am - 12:00 pm

Call for appointment. Bring Insurance Card

### FITNESS CLASSES WITH PATRICE

**Every Wed & Fri**

**11:30—12:15**

### BLOOD PRESSURE CHECKS

**2nd & 3rd Thursdays**

**8:00am-11:00am**



### PHONE ASSISTANCE BY APPOINTMENT ONLY

**Tue & Wed**

**2:00pm—3:00pm**

### LYNN COUNCIL ON AGING SENIOR CENTER

8 SILSBEE STREET  
LYNN, MASSACHUSETTS 01901  
(781) 599-0110

RETURN SERVICE REQUESTED

NON-PROFIT  
U.S. POSTAGE

**PAID**

LYNN, MA  
PERMIT NO. 56